

The Ultimate Reset Checklist

*Simple Steps to Clear Your Mind, Refresh Your Space,
and Feel Like Yourself Again*

Use this printable checklist whenever life feels cluttered, overwhelming, or out of alignment.
Check off the items that resonate and revisit anytime you need a fresh start.

1. Mental and Emotional Reset



- Do a complete brain dump.
- Write down what is weighing on your mind.
- Reflect on what brought you joy recently.
- Identify what you are ready to let go of.
- Replace one negative thought with a kinder one.
- Unfollow accounts that drain your energy.

2. Home and Physical Environment Reset

- Throw away obvious trash.
- Clear one drawer or shelf.
- Donate items you no longer use.
- Wash your bedding.
- Deep clean your kitchen or bathroom.
- Add something fresh to your space.

3. Digital and Financial Reset

- Unsubscribe from unwanted emails.
- Delete unused apps.
- Organize desktop files.
- Review your recent spending.
- Update your budget.

4. Life Alignment Reset

- Rewrite your current goals.
- Create a simple morning or evening routine.
- Schedule time for rest.
- Choose one healthy habit to restart.
- Identify one thing causing unnecessary stress.
- Decide what truly matters right now.



5. Staying on Track

- Expect setbacks.
- Return to your routine within 24 hours.
- Do a weekly friction check.
- Repeat this checklist each season.

***"You do not need to fix your whole life overnight.
Small, thoughtful steps can help you feel calm,
clear, and in control again."***

